



Costa Rica: Salt & Sound

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6 night/7 day retreat in Tamarindo

Tamarindo, Guanacaste Tamarindo is the vibrant heartbeat of Costa Rica's Gold Coast, where the raw beauty of the Pacific meets a sophisticated, laid-back "Pura Vida" energy. Renowned for its world-class surf and iconic golden sunsets, this bustling beach town offers a unique blend of wild nature and urban charm. Just steps from the shoreline, the Diria Grand Boulevard invites you to wander through boutique shops, artisan galleries, and high-end eateries, while the nearby estuaries and dry forests teem with howler monkeys and exotic birds. Whether you are watching the sky turn purple from a catamaran or feeling the salt air on a beachside horseback ride, Tamarindo is a place where adventure and serenity live in perfect harmony.

Day 1:

The Arrival into Eden

Your journey begins as you step into the hidden sanctuary of Hotel Jardin Del Eden. After settling into your boutique room, leave the world behind and join the group in the lush garden shala for an opening circle. As the scent of hibiscus fills the air, a gentle grounding flow will help you shed the weight of travel and set your intentions for the week ahead. The evening concludes with a curated Welcome Dinner at the hotel's signature restaurant, where you'll toast to new beginnings under a canopy of stars and tropical palms.

🏠 Beautiful Beachside Hotel

Day 2: Coastal Rhythms & Equine Spirit

Yoga & Nature

Awaken to the sound of tropical birds for a sunrise vinyasa flow designed to energize the body and clear the mind. After a fresh, tropical breakfast, find your peace at the hotel's Private Beach Garden, a secluded enclave just steps from the Pacific. In the afternoon, the energy shifts as we head to the shoreline for a private horseback ride. Feel the rhythmic power of your horse beneath you as you navigate jungle trails and open sands, eventually galloping along the water's edge as the sky ignites in shades of amber and violet. We return for a restorative evening practice to soothe the muscles and ground the spirit.

Day 3: The Pulse of Tamarindo

Stillness & Culture

Today is about the balance between stillness and the vibrant local culture. Following a dynamic vinyasa practice focused on strength, we venture out to explore the Diria Grand Boulevard. This pedestrian-only heart of Tamarindo is a sensory delight, filled with high-end boutiques, local artisan crafts, and the hum of "Pura Vida" life. Enjoy a leisurely afternoon of shopping and people-watching before meeting at the Beach Garden for a sunset meditation. The night is yours to experience the town's culinary scene, perhaps dining on fresh-caught seafood at a table nestled right in the sand.



Day 4: Deep Resonance & Inner Landscapes

Profound Relaxation

We begin mid-week with a slow, mindful Hatha practice to integrate the experiences of the first few days. The afternoon is dedicated to profound relaxation—whether that means a dip in the lagoon-style pool or a holistic treatment at the wellness center. As the sun begins its descent, we gather for a sacred Sound Healing ceremony. Let the vibrations of crystal singing bowls and Tibetan gongs wash over you, recalibrating your nervous system and opening doors to deep meditative states. This is a day of internal exploration, leaving you feeling lighter and more aligned.

Day 5: Sailing the Infinite Blue

Serenity & Sea

After a solar-powered morning flow, we trade the land for the sea. Boarding a private, tranquil sailboat, we navigate the sparkling turquoise waters of the Pacific. This isn't just a boat ride; it's a journey into the blue. We'll drop anchor in a secluded bay for snorkeling among tropical fish, followed by a quiet lunch on deck. As we sail back toward Tamarindo, the boat becomes a front-row seat to the world-famous Guanacaste sunset. The day ends with a candlelit Yoga Nidra session back at the hotel, a "sleep yoga" practice designed to weave the day's ocean magic into your subconscious.

Day 6: Cacao, Heart, & Celebration

Celebration of the Heart

Our final full day is a celebration of the heart. We begin with an expansive, heart-opening yoga flow, preparing the body for the afternoon's sacred Cacao Ceremony. Led by a local practitioner, this ancient ritual uses raw, ceremonial-grade cacao to facilitate a gentle release and a profound sense of gratitude. It is a powerful time for sharing, reflection, and connection within the group. As the stars emerge, we gather for a grand farewell feast at the hotel, celebrating the bonds formed and the transformation experienced in our "Garden of Eden."

Day 7: The Gentle Return

Departure

Our final morning is soft and intentional. We meet for a closing circle and a final gentle stretch, sealing in the energy of the retreat. Over a last communal breakfast, we share reflections and final hugs before you begin your journey home. You depart not just with a tan and souvenirs, but with a renewed sense of peace, a recalibrated spirit, and the enduring magic of the Costa Rican coast in your heart.

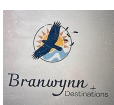
What's Included

What's included

- ✓ Accommodations
- ✓ Daily practices
- ✓ Breakfast
- ✓ Dinners mentioned

What's not included

- ✗ Excursions listed



- × Activities listed
- × Airport and other Transfers
- × Airfare
- × Alcohol
- × Tipping
- × Some meals are on own